



US Army Corps
of Engineers
St. Louis District

Information Bulletin

Vol. 20

No. 1

January 1983

NEW CORPS QUEEN



*The new Corps' queen is Theresa Jenkins (AS-W).
Theresa received her crown at the annual Christmas
Dance.*

NEW YEAR'S MESSAGE FROM CHIEF OF ENGINEERS

The ending of the old year brings anticipation of the new and for most some retrospection of events and achievements of the past months. Our hopes for the year beginning are often based on our successes in the year just ending. It is a time for stocktaking . . .

My own holiday spirit this year has been tempered by the Vietnam Veterans activities held here in Washington last month. The war in Vietnam touched many of our lives very deeply during a decade of Christmas seasons only a few years ago, but has not faded from many memories even as it remains a forever-poignant experience for others.

As I listened to the last few of the 58,000 names being read by candlelight in the Washington Cathedral at midnight on Veterans Day, and as I visited the stark, subdued memorial on the mall with those same names etched in black granite, I was moved by the curious blending of sorrow and joy expressed by so many in recognition of the millions who served and the thousands who died serving their nation in a widely misunderstood and unpopular war.

The Vietnam veterans remind us again that annual holiday seasons do not bring universal freedom from poverty, war, and the threat of war. To those of us in the Engineer Family, however remote from the battlefield our daily work might seem, there is a burden of responsibility to the nation we serve. We have a direct role in contributing to the military and economic strengths which are our deterrents to those who would destroy our freedom, our well-being, and our hope for the future.

I congratulate each of you for your achievements during the past year. For 1983, the nation faces the grave challenges of strengthening its national security posture while furthering arms control, providing for the socio-economic needs of its people, and restoring national economic strength and the associated prosperity of individuals and businesses. Our worth as an organization will be judged on how well we contribute to meeting these challenges.

LTG J. K. BRATTON



DISTRICT DOINGS

LAKE SHELBYVILLE

December saw a blanket of quiet settle over Lake Shelbyville.

A Snowmobile Safety Course was held by instructors Maria Shafer, Larry Gutzler and Larry Shafer, 22 snowmobile operators of all ages attended the eight hour course, learning about the safe operation and care of snowmobile equipment.

Paul Peterson and his wife, Paula, are proud parents of a baby girl, Rachel Lynn, born on December 10th. Congratulations to the new parents!

George Quick spent two weeks TDY at Granite City working with other flood-fighting units from the district.

Mike Skinner spoke to 28 members of the Murray State University Chapter of the Wildlife Society about the wildlife program at Lake Shelbyville and job opportunities with the Corps.

The annual boundary inspection of 196 miles of boundary line was completed in record time. No major problems were found.

Twelve woodduck boxes were purchased and are now waiting for their new occupants in the spring.

The firewood program was very successful this year as trees were selectively removed to enhance the wildlife habitat near the Camp Camfield Environmental Study Area. Two hundred twenty-five people removed 75 cords of wood as a part of this program.

Gene Weddle and Pat Anderson have recently completed their 90 day appointment, leaving behind several miles of excellent trail work done on the Back-packing Trail.

REND LAKE

The waters of Rend Lake rose rather quickly during the month of December, along with all the other lakes and rivers in our area — no need to state the reason why! During the week of December 2 through December 6, rainfall of 7.02" was recorded here, easily topping the **monthly** December rainfall of the last ten years. The lake level rose 4.40 feet during the same week-long period, reaching a high of 410.45 on December 8th, about a foot and a half below the all-time high.

The Visitor Survey contract for the 1982 recreation season has been completed. The results will be available next spring and should give an accurate indication of visitors' activities.

Park Technician Ken Pierson recently completed training at a Multiple Resource Use Workshop in Athens, Georgia. Topics covered included timber, wildlife, and fish management techniques.

The Canada goose harvest of 1982 has been considerably less successful than that of last year. As of December 19, 1982, only 395 Canadas had been killed on federally-managed areas at Rend Lake compared to 1,132 last year by the same date. That's almost three times as many killed last year. There is much speculation as to the reason why — weather, weather and weather — but no one is saying for sure!

MARK TWAIN LAKE

The final timber sale at Mark Twain Lake was awarded on 21 Dec 82 and includes 750 acres spanning three drainages.

Boundary marking and maintenance duties started up again in December. It is anticipated that the remaining sections of boundary will be marked this winter.

Park Technicians John Cannon, Clark Dietzschold and Jay Riley successfully completed a 10-week Boating Safety Course presented by Herb Albright of the St. Louis Power Squadron. John, Clark and Jay will also receive Corps of Engineers boating licenses.

Dennis Foss, Wayne Williams and Dennis Hogan (RE) presented a public Meeting on 7 Dec 82 to discuss the possibility of a one-year resource lease program at Mark Twain Lake in 1983. Approximately 50 local farmers attended.

Park Ranger Wayne Williams attended a week-long Habitat Evaluation course conducted in Kansas City, MO.

Pat Gibson from the Kansas City Dist., Corps of Engineers met with Park Ranger Steve Austin and Park Technician Nancy Rogers for two days to discuss the exhibit contract for the Boudreaux Visitor Center.

CARLYLE LAKE

Maggie Briggs and Chris Cascone conducted a program at the Visitor Center on "How to Attract Birds to Your Backyard." Thirty-five people participated as Chris discussed birdhouses and Maggie presented information on bird feeding.

Carlyle's 1983 Outreach Program will begin next month from January 5 until January 26. Coordinator

DISTRICT DOINGS (Continued)

Maggie Briggs and Park Aids Tracy Hall and Daniel Sigler will conduct a total of 88 programs to 48 different schools. This year's topics are: "Our Furry Friends," "The World of Mammals," "Snakes of Carlyle Lake," and "Voyages of the Stargazer."

New owners of the Dam West Marina have installed a marine railway to more effectively launch and remove boats from the water. The cart rests on two rails and is hoisted by an electric motor.

With over 9 inches of rainfall during the month the pool level has been quite high. By the end of the month the level was at 452 feet above mean sea level, which is about 10 feet above normal pool.

The controlled pheasant hunt ended December 12. 4,804 hunters pursued the 9,986 birds released from November 3 through December 12. 7,376 birds were harvested which results in a 1.54 bird per man kill ratio. This marked a slight decrease from last year's ratio which is probably due to the increase in precipitation.

AROUND THE DISTRICT

Congratulations to the new Corps queen, Theresa Jenkins, who was crowned at the Christmas dance on the 4th of December.

The biggest news in the month of December was the Flood of '82 which kept the District hopping for a couple of weeks. Media coverage of the Corps activities in the field and the Flood Center included all local TV, radio and newspapers.

Mike Dace gave a return engagement presentation to the Sullivan, Mo. Kiwanis Club on Flood Control in the Mississippi Valley and the 1973 Flood.

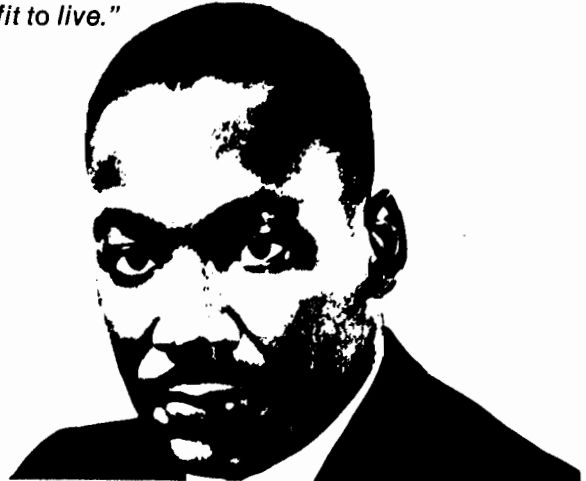
Terry Norris gave two talks to SIU/Edwardsville, Department of Anthropology undergraduates/graduates about "French Colonial Heritage Within St. Louis District" and "Cultural Resources Management Within the Federal Government."

Gary Dyhouse spoke at the Hydrologic Engineering Center, Davis, Calif. to engineers attending a course on "Sediment Transport in Rivers and Reservoirs." His topic was the Harding Ditch Sediment Study.

Bill Cauble, Landon Pate and Joe Bisher participated in the Metro-East Construction and Vendors Forum '82 at the State Community College Campus in East St. Louis.

Congratulations to all who gave so unselfishly of their time to spread the good word about the St. Louis District in 1982.

"If a man hasn't found something he will die for, he isn't fit to live."



We will not be satisfied until justice rolls down like waters and righteousness like a mighty stream.

MARTIN LUTHER KING, JR.

These immortal words along with many other profound statements are the product of a God inspired mind. The mind of Dr. Martin Luther King, Jr.

As the nation honors Dr. Martin Luther King, Jr. on January 15, the 54th anniversary of his birth, we are reminded that the good a man does lives after him. The seeds of justice planted during his lifetime have borne fruits of greater equality and freedom for all Americans.

Martin Luther King, Jr. was born on January 15, 1929, in Atlanta, Ga. Educated as a minister, he held both Ph.D and D.D. degrees as well as noted prizes for scholarship. While in Montgomery, Ala., Dr. King assumed leadership of the Montgomery bus boycott which ended segregation on city buses. The use of nonviolence proved successful as a technique in combating discrimination.

The district will honor the Birthday of Dr. Martin Luther King, Jr., on January 14, 1983, in Room 1040, at 9:00 a.m. and 1:00 p.m.

*Submitted by Cynthia Winston,
EEO Clerk Typist*

LETTER FROM THE DIVISION COMMANDER

FLOOD OF 2-5 DECEMBER 1982

COMMANDER, ST. LOUIS DISTRICT

I want to take this opportunity to commend you and your staff for excellent performance during the recent severe flood event in the middle Mississippi River Basin. Your personal sense of commitment to meeting the responsibilities of the Corps during the widespread flood in the St. Louis District was noteworthy, especially in regard to L&D 26(R). The continual monitoring and evaluation by your staff to determine potential hydraulic, structural, and geotechnical impacts at the project was one of your highest priority tasks, and it was well done. Your quick reactions and foresight prevented damages that would have been very costly with ensuing lengthy delays to this important navigation project.

I personally followed the situation in several critical areas including McGee Creek, Miller City, Kaskaskia Island, and Elsberry. Your sound judgement, timely actions and close coordination on projects in these areas affecting Federal and local interests were instrumental in minimizing flood damages.

The coordination between your District and the Rock Island District to obtain river conditions upstream, including an around-the-clock vigil conducted for several days, also proved very worthwhile.

I trust you will find an appropriate means of conveying to all responsible personnel, my personal appreciation for their extraordinary effort under very difficult and adverse conditions.

WILLIAM E. READ
Major General, USA
Commanding

Thank You

- ★ TO COL. GARY BEECH OF CORPS OF ENGINEERS AND HIS STAFF
- ★ CONGRESSMAN PAUL SIMON
- ★ STATE REP. BOB WINCHESTER
- ★ E. R. (BUDDY) BONIFIELD AND MEMBERS OF THE MILLER CITY AND LEN SMALL LEVEE BOARD
- ★ COUNTY COMMISSIONERS

We, the farmers, merchants and residents of Horseshoe Lake area wish sincerely to thank the above for their efforts and success at our hour of need in the recent high water crisis.

We, also, wish to thank the many people who gave of their time, prayer and labor unstudyingly in whatever task that was asked of them.

We all sincerely Thank You.

INCENTIVE AWARDS SECRETARY

PROMOTIONS:

Steven W. Johnson, OD-NL,
Lock Operator, WY-5426-9

Eric N. Davis, OD-NL,
Electrician, WY-2805-10

Pauline Theodore, OD-B,
Budget Analyst, GS-560-11

Sharon L. Mitchell, SD-P,
Procurement Clerk (Typ), GS-1106-4

Larry D. Baltzell, OD-NC,
Fireman-Watertender, WY-5402-8

Patricia M. Bauccio, ED-HW,
Hydrologic Technician, GS-1316-5

Danny A. Erickson, OD-RW,
Forester, GS-460-9

EXCEPTIONAL PERFORMANCE RATINGS:

David R. Larkin, OD-RC
Donna L. Henrichs, OD-RC
Barbara Boswell, PO-R
John J. Jobst, AC-S

QUALITY STEP INCREASE:

David R. Larkin, OD-RC
Donna L. Henrichs, OD-RC

SUSTAINED SUPERIOR PERFORMANCE AWARD:

John J. Jobst, AC-S
Joseph H. Bisher, SD
Barbara Boswell, PO-R
Robert L. Barkau, ED-HD
Carol E. Sherrill, OD-NC
Roy L. Bowen, OD-RR

HYDAR'S HAPPENINGS

Upward of three thousand languages are spoken on the earth, today. More than a thousand languages are spoken in Africa. After the great flood of Noah's day the earth had one language and one set of words. So, how is it there are so many different languages in the world, now?

It is said that by isolating one group of people from another, new words are formed, new dialects are formed, new languages are formed.

But the bible's explanation of the origin of languages is reasonable and in agreement with facts. In an ancient city in the land of Shinar, man began building a tower (Tower of Babel), intended to reach heaven. (The people of ancient time were getting too ambitious and this was not according to the Creator's will.) Confusion of language took place. *GEN 11:4-9*. Everyone spoke a different language. Being unable to converse and understand each other the building of the tower was halted. That is why its name is called Babel (confusion). The Creator had confused the language of all the earth and scattered them from there over all the surface of the earth. At Babel new languages were born from which our present day languages descended.

The Sun, our source of light and energy, is closer to the earth during the winter time than in the summer time. That is why the days are shorter in the winter time.

In the summer time the earth receives direct rays from the sun. That is why it is warmer in the summer time.

TOMORROW'S SKILLS – TODAY

There's one place graduates can go to receive the most up-to-date training in some of the most important, **high-technology skills** in use today. Skills like satellite communications, electronics repair, data processing, and medical technology, aircraft and mechanical maintenance and much more. They'll use the latest, most sophisticated equipment and training techniques available. And they won't have to get a loan to cover a high tuition. In fact, they'll receive a salary while they're learning. It's in the U.S. Army — where graduates will **Learn Tomorrow's Skills, Today**.

What's more, many of our skill training programs allow soldiers to complete **apprenticeships** that are registered with the Department of Labor. And a great many of these valuable skills can be readily applied in the civilian job market. Army skill training may be the perfect opportunity for some students to get a jump on their future.



DEPARTMENT OF THE ARMY

ALASKA DISTRICT, CORPS OF ENGINEERS

P.O. BOX 7002

ANCHORAGE, ALASKA 99510

REPLY TO
ATTENTION OF:


NPAPA

10 DEC 1982

SUBJECT: Operation Grizzly

Commander, St. Louis District
210 Tucker Blvd, North
St. Louis, Missouri 63101

1. Each one of the Corps' 40 districts encompasses its own unique geographical characteristics, which in turn translate into unique engineering and human requirements in carrying out the Corps' multi-faceted mission. To meet the special requirements of the Alaska District, we have begun Operation Grizzly. This new program is designed to search out and link up with a valuable human resource: our retired workforce.
2. Essentially, Operation Grizzly aims to re-recruit qualified employees, get them to come out of hibernation, for a unique work experience on America's Last Frontier--but only temporarily: for the duration of our relatively brief summer construction seasons. The Grizzlies would continue to draw their retirement annuities plus supplemental pay and authorized allowances for Alaska duty. At the close of the four-to-five month season, the Grizzlies would go back into hibernation as District sourdoughs prepare to winter over.
3. This program is a cub from the marriage of a tight budget and an increasing workload. The work involves supervision and inspection of both military and civil works projects dispersed over an area of magnificence and wilderness more than twice the size of Texas. Project types range from modern dome construction to harbor dredging. With more than 20 hours of daylight per day, summer temperatures are very comfortable, and the hunting and fishing are unsurpassed.
4. If you know of any potential "Grizzlies" who would like a rare opportunity for high adventure, deep professional satisfaction, and an unforgettable experience in The Great Land, please ask them to contact me. Details of the program can be provided by Bonnie Johnson of my Personnel Staff at 907-552-4407.


NEIL E. SALING
Colonel, Corps of Engineers
Commanding

(Continuation of LTG J. K. Bratton's white paper entitled "Challenges for the 1980's in Serving the Army and the Nation.")

MISSIONS OF OCE AND USACE

The ongoing, long-term mission areas of the Corps of Engineers, as both an Army staff element (Office of the Chief of Engineers, OCE) and a major command (U.S. Army Corps of Engineers, USACE), are:

- **Engineering, Construction Management, and Real Estate Programs for Army, Air Force, and Other DOD Elements:** design and construction support of facilities; program management for military construction, real property maintenance activities, and Army housing; assistance in programming for construction requirements; advice to the Army on engineering matters (engineer force structure, base development, equipment, and topography); program management for environmental matters; land acquisition for expansion of posts, bases, and training ranges; and office leasing for recruiting commands.

- **Support to Facilities Engineers and Major Command (MACOM) Staff Engineers:** support in the planning and execution of real property maintenance activities at Army installations worldwide (maintenance and repairs of real property, operation of utilities, minor construction, energy conservation, environmental protection, archeologic and historic preservation, fire prevention and protection, entomology services, wildlife preservation, forest management, refuse collection, custodial services, and other engineering services); acquisition, management, and disposal of real estate; assistance in master planning, in programming for construction, and planning for mobilization.

- **Housing Management:** centralized management for the Army of family and unaccompanied personnel housing worldwide; planning, programming, budgeting, and execution of Army Family Housing (AFH) account; acquisition of unaccompanied personnel and AFH furnishings; management of housing career program.

- **Civil Works:** planning, design, and construction of water resources projects to meet national needs in navigation, flood damage reduction, shore protection, water supply, hydroelectric power, and natural resources management; operation, maintenance, and management of the Nation's inland navigation system and completed lake projects; technical assistance to state and local governments; regulatory functions; mobilization support.

- **Engineering, Construction Management, Water Resources, Planning, and Real Estate Support for Federal Agencies, State and Local Governments, and Foreign Governments:** work for other agencies, such as the Environmental Protection Agency (wastewater treatment plants, toxic waste cleanup), the Department of Energy (the Strategic Petroleum Reserve and military applications of nuclear energy), and the Office of the Federal Inspector, Alaska Natural Gas Transportation System (cold weather engineering); work for other nations, to include construction for nations in the Middle East and many smaller engineering or water resources planning efforts for other governments.

- **Research and Development:** investigation of complex engineering and environmental problems encountered in both military missions (improvements in planning, design, construction, and maintenance of facilities; increased support for the combat forces; assessment of the battlefield environment) and civil works missions (solutions to problems encountered in the planning, design, construction, operation, and maintenance of our navigation, flood damage prevention, hydropower, shoreline protection, and multipurpose projects).

The Army, the Department of Defense, the Congress, or the President may choose to modify some of our specific functions from time to time, and we may have other opportunities to exercise and advance our defense-required engineering skills, but Corps missions for the next decade will likely fall into these general categories. We foresee significant workloads in all these areas, especially in constructing Army and Air Force facilities and in support to facilities and command engineers. We also expect our federal engineering activities and our nation-building construction and technical assistance programs to continue as significant parts of our mission.

SAVE YOUR BUTTS, QUIT SMOKING

"Quitting smoking is easy. I should know; I've done it hundreds of times."

— Mark Twain

by Jim Koenig

Twain's humorous bit of wit has been a true and disheartening story for millions of Americans who tried unsuccessfully to quit the tobacco habit. If you're one of these folks or have friends or family who smoke, read on. This article will tell you how to quit — **guaranteed**.

WHY TO QUIT

Before getting into the **"how to,"** let's look at the **"why."**

One of 19 known poisons in cigarettes is nicotine (C₁₀ H₁₄ N₂). This highly toxic chemical causes the small blood vessels in the skin to contract. Continued use, scientists say, will also cause the skin tissue to deteriorate. A recent study, conducted in California, revealed a close relationship between cigarette smoking and wrinkles for men and women of all ages.

Another ingredient in the **"deadly 19"** is carbon monoxide, an odorless, poisonous gas that is produced when carbon burns with insufficient air. This element has been known for years to reduce vital oxygen in the blood system carried to the heart and it can be a killer.

Now the good news. The New England Journal of Medicine recently published a report by the Oakland, Calif., Kaiser-Permanente Medical Care staff showing the smokers who quit improve their chances for life by more than half, no matter how old they are or how long they've smoked.

Now, while the reasons for quitting are fresh in our minds, let's discuss the eight-step quitting method.

HOW TO QUIT

1. Announce to your friends, family and coworkers that you're going to stop, this time for good, exactly 30 days from today. Write the date down on small pieces of paper and tape them to your bedroom walls, your bathroom mirror, your steering wheel, your underwear — anywhere and everywhere you will see it everyday. Make up your mind you are going to quit smoking. Get motivated.
2. Smoke all you want, but save what you smoke. Obtain a very large glass jar and fill it halfway with water. After each cigarette is smoked, put it into the jar. Don't forget to save them all. It's important psychologically. Cram them in. Each day repeat to yourself, "I am going to stop smoking on ____." Mark the date on the jar, also.
3. During this 30-day period it is very important to prepare for your new total-health life that begins the day you stop smoking. First of all, if you're not taking natural vitamin C tablets, you should begin now. One obvious reason is tobacco use destroys the natural vitamin C in the human body.
Continue to remind yourself of your quitting date. Begin to eat natural foods that are good for you. Stop eating junk foods. Think healthy!
4. You're now one day from D-Day. Tomorrow is the first day of the rest of your non-smoking life. Today you should smoke your little heart out. Smoke until you feel as if you're going to "toss your tacos." Smoke so heavily that the tobacco experience becomes distasteful. Tonight before going to bed throw away all cigarettes, lighters, matches and ashtrays you may have around the house. No, you can't hide them. They are the old you. Throw them away. Tomorrow we quit, for good!

SAVE YOUR BUTTS, QUIT SMOKING (Continued)

5. This is it. When you wake up, shout at the top of your lungs, "**TODAY IS THE DAY!**" Run as fast as you can to the bathroom and brush your teeth, especially your tongue. Jump in the shower and sing, "I don't smoke anymore." Take your jar filled with cigarette butts, two apples, toothpaste and brush with you to work. If you feel the urge to smoke take a bite of apple instead and brush your teeth. When a friend or coworker lights up a cigarette around you, don't run and hide. Instead take a close look at the person, watch them inhale the hot, poisonous smoke into their lungs. Imagine the deadly, smoldering gasses being deposited into their systems and turning their lungs dark brown. Say to yourself, "I don't smoke anymore."

Keep your jar, filled with wet, stinking, disgusting-looking brown cigarettes, in plain sight. If you can't stand it any longer and you've just got to smoke, first open the jar and take a big sniff. It will be enough to gag an elephant, but it's guaranteed to keep you from smoking.

6. Run, do pushups, take cold showers, kiss strangers, eat worms, but don't smoke. During the day try low-calorie snacks like fruit and vegetables. Drink unsweetened fruit juices and herbal teas; say no to caffeine and alcohol. Keep your hands busy, continue to remind yourself you're getting healthy, you're now part of the "in generation." You don't smoke anymore.

7. You have now quit smoking, so you're on the way to a new life. Within a couple of days your food will taste better, the air will smell cleaner and your lungs will start to clear. But more importantly, you will feel great about yourself.

8. Exercise: climb stairs instead of using the elevator; get off before your regular bus stop and walk. Treat yourself special — listen to your favorite music, go to a good movie, indulge in a bath with hot, soapy water. Get a massage, read a book, take a nap. Find a way to reward yourself in another way other than smoking.

To quit smoking really isn't hard. Deciding to quit is. Get motivated! Now go for it, one day at a time — you can do it. (ARNEWS)

Jim Koenig is editor of "Five by Five," Signal Brigade,
Frankfurt, Federal Republic of Germany

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WHOSE JOB IS IT?

This is a story about four people named
EVERYBODY, SOMEBODY, ANYBODY, AND NOBODY.

There was an important job to be done and EVERYBODY was asked to do it.

ANYBODY could have done it, but NOBODY would do it.

EVERYBODY was sure SOMEBODY would do it.

SOMEBODY got angry about that, because it was EVERYBODY'S job.

EVERYBODY thought ANYBODY could do it,
But NOBODY realized that EVERYBODY would not do it.

It ended up that EVERYBODY blamed SOMEBODY
when NOBODY did what ANYBODY could have done.

Submitted by Betty Jo Yuncker (AC)

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SPOTLIGHT ON THE LIBRARY

PERSONAL COMPUTER OWNERS

For those of you who are proud owners of a home computer and want to learn more about it we can help you. We now subscribe to the popular magazine PERSONAL COMPUTING and soon to INFOWORLD. Both of these publications offer interesting, up-to-the-minute articles and a host of advertisements of hardware and software producers. We also have available many catalogs from various publishers of computer programming books. These books will tell you all you want to know about your new computer whether you are a serious student or a casual user. For those of you who want to make full use of your home computer, you can now have access to a scaled-down version of DIALOG called KNOWLEDGE INDEX. This new low-cost service allows access to eleven databases in Dialog's file with additions planned for the future. Those of you who have had literature searches done for you realize the power of online information. While KNOWLEDGE INDEX cannot replace DIALOG as a professional tool, this new streamlined service can serve many information needs for the individual. For example, KNOWLEDGE INDEX can help you: evaluate the new computer products on the market; locate movie and book reviews; help your children with their

homework; track the performance and activities of companies in which you may own stock; check on the latest therapies for arthritis; and much more. The cost of access will be \$24/hour for all databases, including network telecommunications. There is a one-time \$35.00 charge for initial service. KNOWLEDGE INDEX will be available from 6 p.m. to 5 a.m. Monday through Friday; 8 a.m. to midnight on Saturday; and 3 p.m. Sunday to 5 a.m. Monday. If you have any questions about Dialog and the databases in the new Knowledge Index just visit us in the library. For those of you who have specific questions about starting the service you can call DIALOG at this toll-free number: 800/528-6050, ext. 415.

ACI MEMBERSHIP

This year for the first time the Technical Library has a membership in the American Concrete Institute which offers many benefits to us as a result. We receive ACI's two primary periodicals at no additional charge while their other publications are available to us at the member rate, in some cases up to 40% less than the non-member price we have always had to pay.

BLOODMOBILE RESULTS

During the Bloodmobile visit to the District Office on 17 December 1982, 150 pints were donated. The major donations were from the Corps; additional support from NLRB, ALMSA, Navy, and OAO Corporation personnel helped us to surpass our goal of 135 pints. A big "thank you" to those who helped set up the Bloodmobile, and to those who contributed blood.

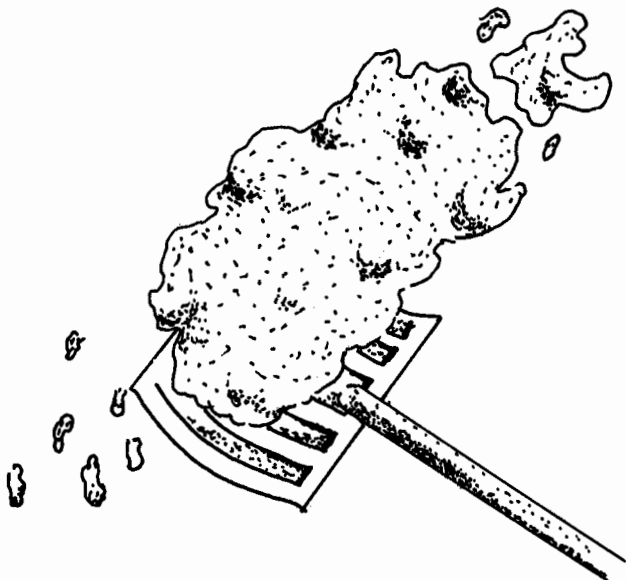
RETIREMENTS

Farewell and best of luck to:

John Kilker, OD-F, with 31 years of service.
William Brown, OD-B, with 41 years of service.

Memory is the power to gather roses in winter.

Anon



DON'T TOSS THE SNOW

When mounds of snow begin piling up around your door, resist the impulse to grab the nearest shovel and start plowing energetically to the street. Snow shoveling is heavy work and requires the proper technique if you want to avoid straining your heart and back.

The American Heart Association offers the following shoveling tips:

- Cover as much exposed skin as possible, especially when the wind chill factor is below 20 degrees. Use multiple layers of light-weight clothing for easy movement. Remove the top layer as you work to prevent overheating.
- Use a sturdy, light-weight shovel to push snow out of the way. If you must lift it, take out small scoopfuls, and use your legs and entire body to help lift the load, not just your arms and back.
- Smoking and drinking an alcoholic beverage are *out* while shoveling. Cigarette smoke constricts your blood vessels, making your heart and lungs work that much harder. Drinking may give you a false sense of energy and lead you to over-exert yourself.
- The best time to shovel is before eating, or at least one to two hours after eating.
- If at any time you feel a pain or heaviness in your chest, or become dizzy, faint, or start sweating profusely, stop shoveling immediately and get medical attention. You may be having a heart attack.

FACE-SAVING TIP

Beauty doesn't last forever, and unfortunately, neither will most cosmetics, warns an issue of *Beauty Digest* magazine. While some cosmetics can be used safely for up to a year, it may be time to take a serious look at the condition of your makeup.

Not only does time alter the appearance and consistency of cosmetics, but bacteria from the environment and from our bodies invade these preparations from the moment the seal is broken. Even the preservatives added to makeup by cosmetic companies lose their effectiveness as a product ages.

Mascara heads the list as the cosmetic most sensitive to infection-causing bacteria, and should probably be discarded after three months. Oily types of makeup, including those that come in cream and liquid form, should also be closely watched for any change in appearance or smell. Washing hands before applying makeup reduces contamination, but six months is still about the time limit for keeping these items.

Lipsticks, perfumes, and pressed powder fare a little better, but be cautious in keeping these longer than eight months to a year.

NIGHTCAPS JUST A SHOT IN THE DARK

People who take a nightcap before bed to induce sleep may be doing themselves more harm than good, sleep researchers warn. That shot of brandy or sherry, they say, may make a person drowsy, but it can interrupt the sleep pattern enough to rob the sleeper of refreshing rest.

Sleep researchers recording the correlations between sleep patterns and alcohol use have found that even the smallest amount of alcohol can cause frequent arousals during the sleep period. As a result, a person getting eight hours of alcohol-induced sleep will not feel as rested after waking as a person who sleeps eight hours without a nightcap.

Researchers warn that long-term heavy use of alcohol at bedtime can permanently damage sleep patterns, and note that alcoholics who have been dried out for over a year may still have altered sleep processes. And, the experts say, the amount of alcohol needed to induce sleep tends to increase within a short time.

ACCIDENT SUMMARY

DECEMBER 1982

VEHICLE ACCIDENTS FOR DECEMBER 1982:

None

Total vehicle accidents for CY 1982: Five

Total vehicle accidents for CY 1981: One

PERSONAL INJURIES — CONTRACTOR EMPLOYEES — DECEMBER 1982: None

Total accidents for CY 1982: Four

Total accidents for CY 1981: Four

PERSONAL INJURIES — GOVERNMENT EMPLOYEES — DECEMBER 1982: Two

An employee at Lake Shelbyville was injured when a foreign object entered his eye while raking debris from a hiking trail.

An Employee on the Dredge POTTER injured his back while pulling on a head wire from the Dredge to a deadman.

Total accidents for CY 1982: Eleven

Total accidents for CY 1981: Nineteen

LAKE FATALITIES FOR DECEMBER 1982: None

Total lake fatalities for CY 1982: Four

Carlyle Lake — 3

Lake Shelbyville — 1

Total lake fatalities for CY 1981: Six

Carlyle Lake — 4

Lake Shelbyville — 1

Rend Lake — 1



Happy New Year!
1983